



**Age-Specific Martial Arts training
for the average 3 and 4-year old**



**FEAR KNOT
Martial Arts**

**For
Kidz**

Welcome to the Little Ninjas Prep Course

Children between the ages of 3 and 4-years old are in a very distinct growing stage. They are embarking on new discoveries everyday and learning how to cope with all of the challenges. Their intellect, emotions, physical capabilities, and social competence all are growing at a rapid rate. So fast in fact, that they often overlook what's important and can hardly tell the difference between right and wrong.

That's where the Little Ninjas Prep Course comes into play. Our program was specially designed for the stages of development of 3 and 4-year olds. We collected scientific and psychological resources regarding this age group, and used that information to ensure that our program meets each child's characteristics and capabilities.

In the Little Ninjas Prep Course, each child will experience training that targets the 8 "early" skills that they are all currently developing. These skills include: kicking, punching, blocking, crawling, hopping, rolling, running, and catching. Each skill has been broken down into age-specific exercises, games, activities, and drills that compliment their stage of development.

We use the Martial Arts approach to building their skills through these drills. The approach includes reinforcing good discipline, displaying confidence, and maintaining a positive attitude. Technical Martial Arts training is very limited when it comes to traditional moves and techniques. We reserve that portion of development for the older children who have set a clear foundation of what we consider the preliminary requirements to martial arts training.

With this in mind, we want to reinforce that Martial Arts training extends way beyond kicking and punching. That's why it may appear that your child is not learning enough Martial Arts in class, but the fact is they really are. The customary discipline protocol is Martial Arts. This includes standing at attention when commanded, responding with respect by saying "yes sir" and "yes ma'am", bowing to the flags and each other, and maintaining a positive attitude. With professional Martial Artists as the role-model instructors, and the mixture of fun games and activities with basic kicks, strikes, and blocks during class, your child's first exposure to Martial Arts training will generate results!

Introduction to the Little Ninjas Prep Course

This program was designed to target age-specific skills for children between the ages of 3 and 4-years old. It will introduce early skills training to the pre-school age group, which has limited physical, intellectual, social, and emotional abilities. With that said, the emphasis is placed on building early fundamental skills training with a strategic balance of Martial Arts.

Here's a brief overview of how the program works:

1. There are 8 early skills that your child must develop continuously as they advance in rank.
2. The 8 skills are taught individually so that a child training one time per week will work on all 8 skills over a course of eight weeks.
3. The testing cycle is a total of 2 months. Eight weeks to cover each skill
4. Each child's goal is to develop the necessary challenges per skill.
5. Your child will earn a skill stripe as they accomplish each skill requirement,.
6. Your child's next goal is to collect all 8 skill stripes within the 8 week testing cycle in order to test for their next belt.
7. As your child earns their new rank, they will proceed to earn all 8 skills stripes based on the next belt requirements per the testing chart.
8. Once your child completes the rank of blue with a black stripe, they will graduate from the program and move on to the Little Ninjas program for 5 & 6 year olds.

The goal for this program is to establish early skills that are significant in a typical child between the ages of 3 and 4-years old. All students that graduate this program are considered knowledgeable in the skills provided and therefore qualify to move onto a more advanced program. Please see the front desk for more information about the next program.

The Ninja Prep Course Belt Structure

The Little Ninjas Prep Course has a total of 9 belts evenly divided by experience level: beginners, intermediates, and advanced. For each experience level, the curriculum assembles a format that utilizes similar skill application techniques, but varies in the level of difficulty from belt to belt. For example: the 3 beginner belts work front snap kicks for the skill of kicking but each belt must perform their front kicks in a more challenging manner.

Here's the Ninja Prep Course Belt Structure:

Beginners Belt Ranks:

1. White with Yellow Belt
2. Yellow with White Belt
3. Yellow with Black Belt

Intermediate Belt Ranks:

4. White with Orange Belt
5. Orange with White Belt
6. Orange with Black Belt

Advanced Belt Ranks:

7. White with Blue Belt
8. Blue with White Belt
9. Blue with Black Belt

About our Ninja Prep Course Instructors

Learning is a process. Our instructors understand the importance of the steps involved in learning and are capable of encouraging and instructing a child while reinforcing the benefits to learning. Our instructors are trained to meet the needs of each individual and how to reinforce proper development and behavior with little or no disciplinary action. We have established a positive learning atmosphere that makes learning and growing fun.

Your role as a parent

Self-esteem is very important in a child's everyday life. Self-esteem refers to how a person feels about themselves. To a 3 and 4-year old, self-esteem is something that they personally do not understand, but experience crossroads with everyday. As a child, self-esteem plays an important role in how well they learn and grow. Studies have shown that children who think very little of themselves may do inadequately socially, emotionally, at school, and in extracurricular activities. On the other hand, those children who truly believe in themselves can really excel.

Here are 3 easy steps to help your child "learn" self-esteem:

1. Avoid using the word "can't". When a child uses the word can't, he or she is expressing that they "don't know how to" or "they don't want to". Once they say the word "I can't" they usually do not put any effort into the task at hand. Showing the child how to work through challenges or showing the positive out of doing something will prove to be a very important lesson that they will need throughout their life.
2. Always have positive expectations for your child. If you express to your child that you believe they can do something, then they will probably think so too. Keep in mind that your positive expectations need to be age-appropriate and attainable. You must also back up your support by working with them to achieve their goals. Avoid giving up on your encouragement and efforts to help them. By showing consistency in your support, you will create consistency in their effort and attitude.
3. Teach your child how to see the positive side of their inadequacy. When your child is unsuccessful, help them discover from errors. Ask thought provoking questions such as "what would you do differently next time?" or "what do you think you need to work on to do even better?" Also let them know that you are proud of their efforts by saying things such as "you are already successful because you are showing courage by trying". Reinforcement like this can make a big difference in how your child perceives challenges.

Congratulations on your decision to enroll your child in the Little Ninjas Prep Course! We are confident that your child will enjoy our classes and have wonderful experiences. You will notice measurable results within weeks of your child's training!